

I Know a Goal Setter

Directions: Interview an adult who considers him/herself to be a goal setter. A goal setter is someone who identifies what he or she wants to accomplish and then clearly lists the steps that need to be taken to achieve the goal. As you ask your goal setter each question below, fill in the answers.

1. Individual's First Name:
2. A goal he/she set at some time in his/her life:
3. At what age did he/she set this goal:
4. List the steps that he/she had to take to achieve this goal:
(Ask him/her to try to keep it under 7 steps.)
 - A.
 - B.
 - C.
 - D.
 - E.
 - F.
 - G.
5. How did he/she feel after accomplishing this goal?
6. Was working towards this goal worth the effort and sacrifice?